

The image shows the exterior of a school building with a modern, geometric facade. A large blue circle is overlaid on the center of the image, containing text. The text reads "LaSalle Community Comprehensive High School" in white, bold, sans-serif font. Below this, "DAILY HOWL" is written in black, bold, sans-serif font. At the bottom of the blue circle, "LCCHS" is written in a light blue, semi-transparent font. The background shows the school's entrance with steps and railings, a Canadian flag on the left, and a clear blue sky.

**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**February 25th, 2025 | Day 1**

## *Motivational Quote of the Week*

“Follow your passion, be prepared to work hard and sacrifice, and above all, don’t let anyone limit your dreams.”

-- Donovan Bailey



Black History  
Month

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Spotlight on Our Community



# Loreena Gabriel

- Born and raised in southwest Montreal
- publicist, radio show producer and founder of The Crown Project
- The Crown Project is a Quebec based nonprofit organization with the aim to equip underserved communities with the resources they need to succeed
- The Crown Project has hosted six winter drives to collect clothes and supplies for local shelters and four Prom Queen contests to help students reduce the cost of getting ready for their milestone occasion.



# History of Steel Pan



*Steel pans (steel drums) were created on the Caribbean island of Trinidad in the 1930s*

[Steel Pan link to video](#)



# Start your day with breakfast



Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates

February 3rd-5th (M-W)

February 10th-12th (M-W)

February 19th -24th-26th (W-M-W)

Please note that sandwich bar will not be available until February 10th



**Reminder:** CEGEP applications are  
due by **March 1!**

Need help applying? Book an  
appointment with the guidance  
counsellor: [calendly.com/lcchs](https://calendly.com/lcchs)

Email:

[rdoucet03@lbpearson.ca](mailto:rdoucet03@lbpearson.ca)



Greater  
than  
anything

LOVE

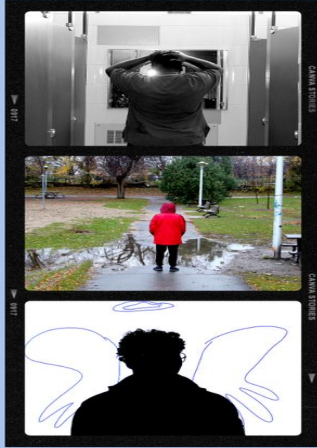
# LOVE Program

Coming soon to LCCHS!  
February 2025



## Workshops Include:

- > Photography
- > Group based discussions
- > Creative Writing
- > Group or individual projects
- > And much more!



***An opportunity to express yourself creatively,  
develop new skills, create friendships and learn  
more about mental, social, and emotional health!***

Stay connected on  
Instagram for event updates!



@love\_quebec



# **Mandatory Toronto Trip Meeting**

**Wednesday February 26th 2025**

**Beginning of Junior Lunch in the Auditorium**

***Please make sure your first two payments  
are up to date!***

# Carnival Day 2025

If you are RENTING SKIS

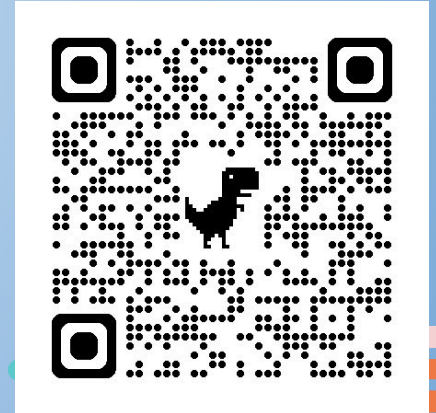
Please complete the Google Form that  
was emailed to you

**ASAP**

or

Use this link:

[Ski Rental Info](#)

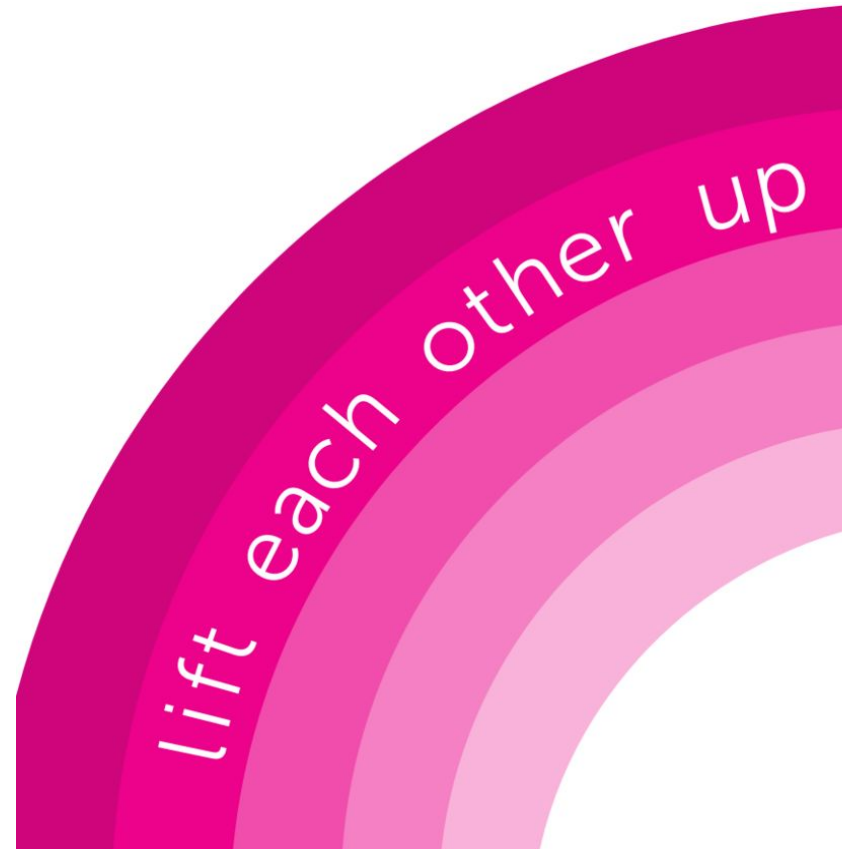


# *Pink Shirt Day!*

*Pink shirt day is a day dedicated of raising awareness about harmful effects and bullying and promoting and spreading kindness across all communities. It encourages people to take a stand against bullying and support those who will be affected.*

On the 26th of February all student are allowed to come to school wearing a pink shirt to raise awareness of bullying.

**School bottoms are mandatory.**





# Winter Carnival!

February 27th, 2025

Period 4: Junior Lunch Dance Party With Todd Smith

Period 5: Juniors Spirit Assembly in the Gym

Period 5: Senior Lunch Dance Party With Todd Smith



Period 6-7: Cross Country Skiing, Snow Shoeing, Baking, Karaoke, Arts and crafts, Basketball, Volleyball, Skating!(Sign up sheets outside of Innovation Room)

# TWIN DAY

Get ready for Twin Day on **Thursday,**  
February 27th !

Find a friend, or a group, coordinate  
your outfits, and come to school  
dressed as twins!



# THROWBACK DAY

On February 28th!

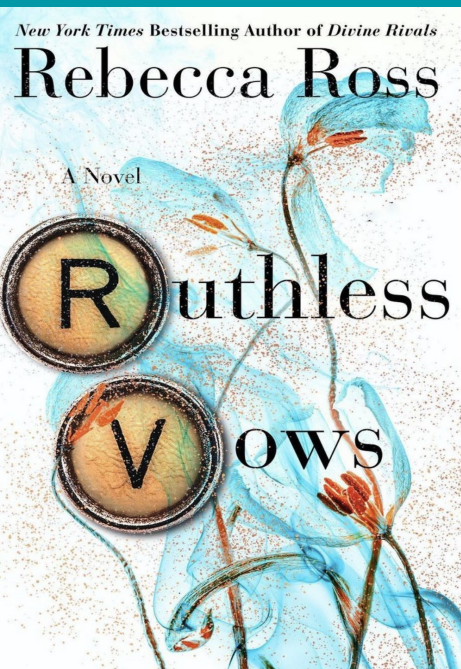
Get ready to dress down and show off your best retro look! Whether it's '80s, '90s, or 2000s bring the nostalgia and have fun with your outfit!



## Cadet Girls

Final Game (Away), February 26th at LCC @ 5:15 p.m.

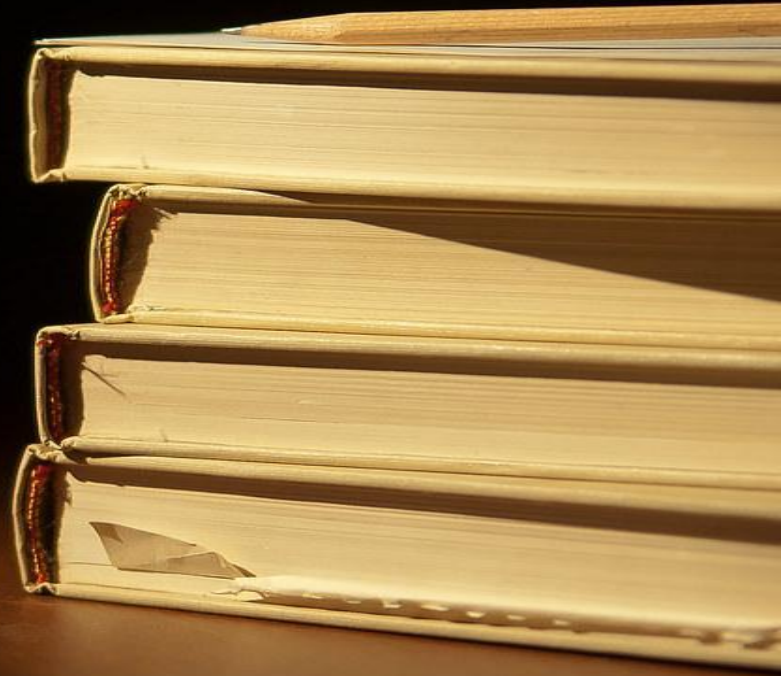




New books in the library - come check them out!



Have you had library  
books since the fall?  
Time to bring them  
back!



# PHOENIX STUDENT OF THE MONTH

*Jomara Ferdinand*

*For your complete  
commitment to the Phoenix  
program through  
punctuality, commitment to  
academic excellence and  
artistic classroom culture.*



# PHOENIX STUDENT OF THE MONTH

*Atlas Romberg*

*For rising from the  
ashes and soaring  
through your term 2  
examinations, and for  
making kindness and  
empathy great again.*



## Sea Wonders: Clay and recycled Art

The Phoenix Program students teamed up with the IB grade 8 classes in an Artinspires workshop to create original hybrid sculptures based on marine animals from plastic pollution in our waterways and the issues around the Pacific Garbage Patch.

A big thank you to our Phoenix teachers Ms. Oonagh O'Neill and Andrew Coderre for opening up their classes and taking the lead on this wonderful initiative and inviting Angela Marsh from Artinspires to give an amazing 3-day workshop. We also wish to thank all secondary 2 IB teachers and lab technician, Mrs. McCulloch, Mrs. Cleveland, Ms. Racine, Mr. Badiane, Mr. Dort, and Mr. Sicoli, for having their students take part in this amazing learning experience with their students.

Check out our Facebook page for more photos!



## Ms. Cleveland's Sec 3 Science & Technology classes recently concluded a unit on Waves, during which they:

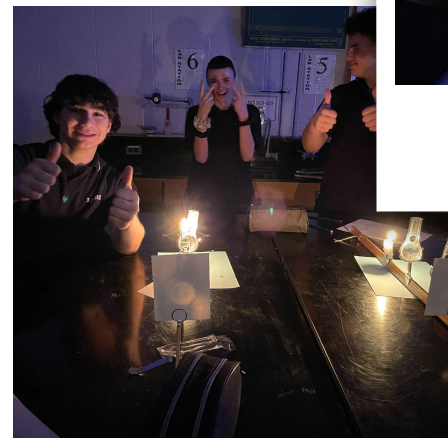
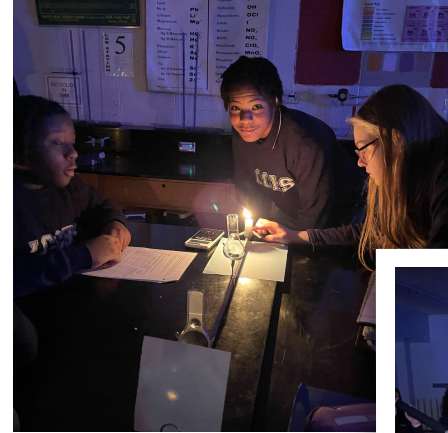
- Tested the best conditions for sound waves to travel through string telephones
- Observed light rays travel in a straight line through a pinhole camera, producing an inverted image
- Found the focal length of a convex lens using an optical bench

**Global Context:** Scientific and Technical innovation

**IB Learner Profile:** Inquirer

### ATL Skills on Display:

- **Research Skills** - Essential for conducting experiments, gathering data, and analyzing results. This includes information literacy, media literacy, and ethical use of information.
- **Thinking Skills** - Critical for problem-solving, analyzing data, and developing hypotheses. This includes critical-thinking, creative-thinking, and transfer skills.
- **Communication Skills** - Important for presenting findings, writing lab reports, and collaborating with peers. This includes effective interaction, reading, writing, and using language to communicate information.
- **Self-Management Skills** - Necessary for planning and executing experiments, managing time, and maintaining focus. This includes organization, affective skills, and reflection.
- **Collaboration Skills** - Vital for working in teams, sharing responsibilities, and supporting peers during group projects. This includes working effectively with others and practicing empathy.

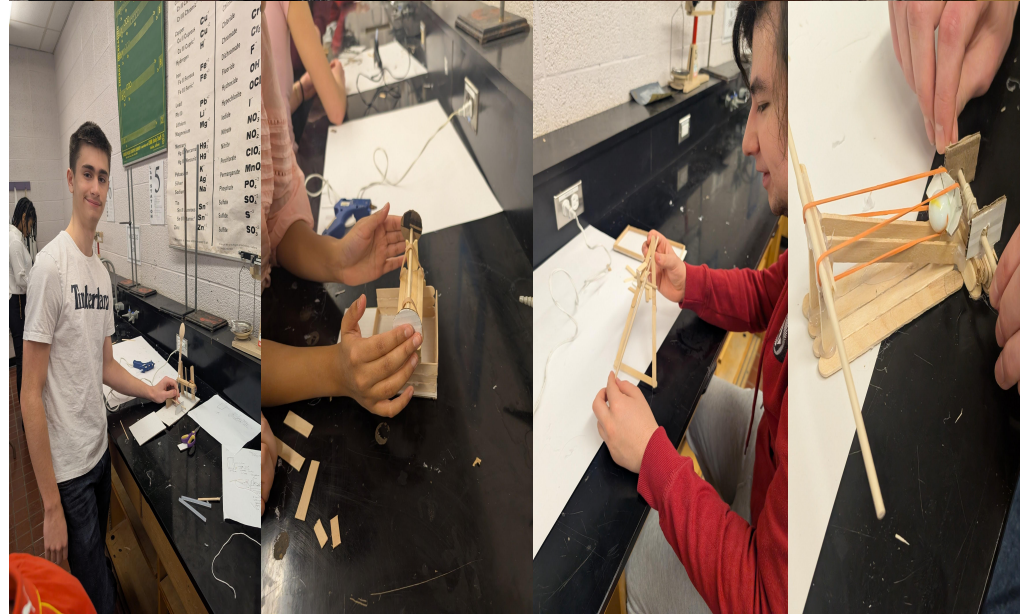


Mr. Mott's Secondary 4 class was busy building Catapults last week learning about motion transmission and motion transformation.

Global Context: Scientific and Technical Innovation  
IB Learner Profile: Inquiry

ATLs on display

1. **Research Skills:** Essential for conducting experiments, gathering data, and analyzing results. This includes information literacy, media literacy, and ethical use of information.
2. **Thinking Skills:** Critical for problem-solving, analyzing data, and developing hypotheses. This includes critical-thinking, creative-thinking, and transfer skills.
3. **Communication Skills:** Important for presenting findings, writing lab reports, and collaborating with peers. This includes effective interaction, reading, writing, and using language to communicate information.
4. **Self-Management Skills:** Necessary for planning and executing experiments, managing time, and maintaining focus. This includes organization, affective skills, and reflection.
5. **Collaboration Skills:** Vital for working in teams, sharing responsibilities, and supporting peers during group projects. This includes working effectively with others and practicing empathy



Balanced Day will be passing for recycling  
Wednesday, Feb. 26, Period 1!!  
Please put your bins in the hallway!!!





*IB learner profile of the month (January)!!!*

*The IB Design Teachers have proudly selected the following Principled IB students for January!*





## ***IB learner profile of the month (February)!!!***

***The IB Science teachers will choose the student who has shown the most curiosity and inquiry in Science at the end of the month."***

*"We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life"*

### ***ATL skills focus:***

1. **Research Skills:** Essential for conducting experiments, gathering data, and analyzing results. This includes information literacy, media literacy, and ethical use of information.
2. **Thinking Skills:** Critical for problem-solving, analyzing data, and developing hypotheses. This includes critical-thinking, creative-thinking, and transfer skills.
3. **Communication Skills:** Important for presenting findings, writing lab reports, and collaborating with peers. This includes effective interaction, reading, writing, and using language to communicate information.
4. **Self-Management Skills:** Necessary for planning and executing experiments, managing time, and maintaining focus. This includes organization, affective skills, and reflection.
5. **Collaboration Skills:** Vital for working in teams, sharing responsibilities, and supporting peers during group projects. This includes working effectively with others and practicing empathy



***Psst..Teachers! Do you have evidence of LCCHS students demonstrating the following traits throughout the year? please share with Mr. Sicoli and Mr. Swiderski! (Photos, videos etc)***

- ***Caring (Empathy)***
- ***Reflective (Perseverance)***
- ***Knowledgeable***
- ***Principled (Integrity)***
- ***Open-minded (Adaptability/inclusive)***
- ***Risk-takers (Leadership)***
- ***Communicator***
- ***Balanced***
- ***Inquirer (Curiosity)***
- ***Thinker (Creativity)***

# Congratulations to the following IB students for their principled trait in the design course and demonstration of ATL skills.

Principled (Design; January)			Teachers
Level 1	51	Maya Sinha and Avery Devlin	Sicoli
	52	Simon Lemay	Cleveland
Level 2	51	Michelle Gayle	Sicoli
	52	Carina Craig & Adam McLachlan	Cleveland
Level 3	51	Megan Too	Panzera
	52	Giada Fabrizio	
Level 4	51	Elyssa Samvura-perrotte	Mott
	52	Veronika Oliinichuk Bruna Fernandes Zubakin,Zoe Williams	Mott

Primary vs Secondary Source Analysis: Analyze documents about technological innovations and artifacts. (Criterion A)

Read critically and avery a variety of sources for information

Organize and depict information logically

Structure information in summaries, essays, and reports Using a design template

Design improvements to existing machines, media and technologies

Use brainstorming and visual diagrams to generate new ideas and inquiries

Read critically and a variety of sources for information (Criterion A of Design Cycle)

Organize and depict information logically (all criteria)

Structure information in summaries, essays, and reports Using a design template

Design improvements to existing machines, media and technologies

Use brainstorming and visual diagrams to generate new ideas and inquiries

# Congratulations to the following On a roll students for the month of February

On A Roll - February 2025			
Student Name	Grade	Reason	Teacher/Staff member name
Dustin Gagne	Sec 2 ▼	He has changed into a much better student since the beginning of the year, coming to class staying all period and doing what is asked of him	Stephanie Saveriano
Lily Moroz and Maddie	Sec 1 ▼	Both Lily and Maddie volunteered their time over the weekend to make a daycare backyard accessible for the children on Monday without the motivation of IB hours.	M.Sicoli /Shout-out from their proud Aunt Ms.Sharon Ann Mary

# Learner attribute in action! What it means to be caring!



Our grade 7 students, Lily and Maddie, volunteered their time over the weekend to make a daycare backyard accessible for the children on Monday. They did this purely out of kindness and compassion, without asking for anything in return or for any recognition. Neither of them is in the IB program, nor do they have any community service requirements, yet they chose to help a small business in the community. Lily and Maddie are true examples of community spirit!

Shout-out from the proud aunt,  
Sharon Moroz

## Approaches to learning Tip of the Week: Proper Research and Citing Original Work

**Skill Focus: Research**

**Understand the School Academic Integrity Policy:** Familiarize yourself with types of academic misconduct and strategies to practice creating original work. (**See updated Academic Integrity policy on our school website under the IB tab**)

**Keep Track of Your Sources:** Use tools like a simple google doc to keep track of all your sources. Record all necessary details (author, title, publication date, URL) as you gather information. If proof of original work is requested by your teacher, provide all evidence and drafts. The burden of proof rests with the student.

**Paraphrase and Summarize:** Instead of copying text, paraphrase or summarize the information in your own words. Even when paraphrasing, always provide a citation to the original source. **This also applies to the use AI technology.**

**Properly Attribute Images and Media:** Always provide proper attribution for images, videos, and other media. Include the creator's name, title, source, and license. Use tools like Google Images' usage rights filter to find images that are free to use.

If you have any questions, feel free to ask your teachers or Ms. Molly our School librarian.

**Why It Helps:** Creates a school climate of enhancing credibility and integrity and



“Integrity is doing the right thing, even when no one is watching.”  
— C.S. Lewis



Build coding skills, follow your passion, and explore tech careers with mentors and peers who'll inspire and support you every step of the way.



CHOOSE YOUR OWN ADVENTURE: CODE. CREATE. CONNECT.

## VIRTUAL SUMMER IMMERSION PROGRAM

### Join the ultimate summer squad

Become a game designer while making friends, meeting mentors, and exploring career paths in live virtual classrooms.

#### Who gets to join?

- Girls and non-binary students, ages 14-18 with or without prior coding experience, including alums.

#### What will you learn?

- Design creative computer games inspired by your passion.
- Gain practical university and career advice.
- Get an inside look at working in tech.

#### What's in it for you?

- Find support and community from devoted Teaching Teams and classmates from around the world.
- Get career inspiration and mentorship from exclusive Partner Events.

#### When does the 2025 program take place?

- 28 July – 8 August
- Classes meet M-F for 2-3 hours, followed by independent work time and optional Student Hours.

## PATHWAYS



### Forge your own path in cutting-edge tech

Learn to code at your own pace, apply new skills to real-world projects, and connect with industry pros and an exclusive Discord community.

#### Who gets to join?

- Girls and non-binary students, ages 14-18 with or without prior coding experience, including alums.

#### What will you learn?

- Choose from courses in artificial intelligence, data science, cybersecurity, and web development.

#### What's in it for you?

- Learn at your own pace with step-by-step video tutorials.
- Get help in Advisor Events, Student Hours, and an exclusive global Discord community.
- Earn certificates for completed courses.

#### When does the 2025 program take place?

- 30 June – 8 August
- Each course in a track takes 3-6 hours to complete.

JOIN  
THE FUN:



### KEY 2025 DATES:

Early decision deadline: 26 February

Application closes: 11 April

[girlswhocode.com/summerapply](https://girlswhocode.com/summerapply)

Girls Who Code Summer Programs help girls and non-binary students ages 14-18 to build coding skills, explore career pathways in tech, and connect with a supportive worldwide community—no program fees or coding experience required!

☀️ Our Summer Programs Application is now open and offers one of our two programs:

Pathways is a six-week program where students learn at their own pace with step-by-step video tutorials. Participants can explore artificial intelligence, data science, cybersecurity, and web development, including a brand-new course on responsible artificial intelligence design. This is an excellent choice for students with challenging schedules!

The Summer Immersion Program (SIP) is a two-week live virtual classroom experience for students to meet like-minded peers as they design creative computer games, gain practical college and career advice from industry professionals, and explore tech careers.



### Key Application Info:

Apply by February 26th for priority consideration!

The application closes on April 11th.

Summer Programs are open to girls and non-binary students ages 14-18, including prior participants.

No application or program fees!



### 2025 Program Dates:

Pathways: 30 June 2025 - 8 August 2025

SIP: 28 July 2025 - 8 August 2025

Students can begin applying today



# Be Part of the 2025 St. Patrick's Parade carrying a banner

Sunday, March 16 - 11:00 am Downtown  
Come join the fun!

IB Community Service hours offered  
Limited spots available

Interested? Find me in C220 - B236 or  
email me: [tgesto@lbpearson.ca](mailto:tgesto@lbpearson.ca)





The Outdoor Adventure Show

(<https://outdooradventureshow.ca/montreal-visitor>), would like to have 4 volunteers (seniors) on each day making a total of 8 for the weekend.

Saturday - 2 volunteers in the morning (4 hours) starting at 930am to 130pm and 2 volunteers in the afternoon starting at 1:15pm to 6pm (4.5 hours)

Sunday - 2 volunteers in the morning (4 hours) starting at 930am to 130pm and 2 volunteers in the afternoon starting at 1:15pm to 5pm (under 4 but will give 4 for hours).

The venue is:

**Palais des Congrès**

200 Viger Ouest

Montreal PQ H2Z 1X7

METRO - Place D'armes

**Please email Mr. Sicoli if interested!**

**[msicoli03@lbpearson.ca](mailto:msicoli03@lbpearson.ca)**

**MONTRÉAL | MARCH 22 & 23, 2025**

**The  
Outdoor  
Adventure  
Show**

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The LaSalle Popular Run and Walk is back, it will take place this year on Sunday March 30, 2025

In 2024, about thirty LCCHS students came as volunteers. Together with students from other schools in the area, they greatly helped to make the 43rd edition of the race a great success.

We very much hope, once again this year, to be able to count on the presence of LCCHS students.

Please email Mr. Sicoli if interested!  
[msicoli03@lbpearson.ca](mailto:msicoli03@lbpearson.ca)



# TLC PRE-SCHOOL COMMUNITY AND SERVICE CLEANUP 2025 SCHEDULE

NEW TLC VOLUNTEER CLEANUP DATES NOW AVAILABLE BEGINNING NEXT TUESDAY JANUARY 14TH FROM 4-6PM

EMAIL MR. SICOLI IF INTERESTED WITH THE EXACT DATES YOU ARE INTERESTED IN. ONLY 4 STUDENTS PER DATE  
[msicoli03@lbpearson.ca](mailto:msicoli03@lbpearson.ca)

WEDNESDAY FEBRUARY 19TH	FULL
TUESDAY MARCH 18TH	FULL
WEDNESDAY MARCH 26TH	FULL
WEDNESDAY APRIL 2ND	FULL
WEDNESDAY APRIL 16TH	FULL
WEDNESDAY APRIL 30TH	FULL
WEDNESDAY MAY 14TH	FULL
WEDNESDAY MAY 18TH	FULL



# LCCHS HOMEWORK ZONE

Monday, Tuesday,  
Wednesday & Thursday  
3:40 - 4:40 pm  
Library

Starting  
September  
23<sup>rd</sup>



- For all levels
- Help from teachers of different subjects
- Complete your assignments (computers available)
- Work alone or with friends

**JUNIOR. LUNCH - TUESDAY & THURSDAY**  
**LEARN HOW TO MAKE MAC & CHEESE**



# **Dance the line with Ms. Lynda Learn 2 line dances at lunch!**



**Tuesday - Senior Lunch  
1 - 130pm Mall Area**



Senior Book Club

**Tuesdays & Thursdays at Senior  
Lunch**

In the planning room C229

# BOOK CLUB



**PLEASE HAVE A CHANGE OF  
CLOTHES OTHERWISE YOU MAY  
NOT BE LET IN**

**OPEN WEIGHT ROOM  
TUESDAY  
SENIOR LUNCH**



**AFTER SCHOOL ACTIVITIES NEWS**

**New Activity Alert:**

**LCCHS Band**

**Starting March 11, 2025**

# COME ONE, COME ALL TUESDAYS, STARTING MARCH 11<sup>TH</sup> | MUSIC ROOM

Guitarists, bassists, drummers, keyboardists, sax-ists (is that a word?!?), didgeridoo players, and SINGERS!

All instruments welcome—bring yours or use ours.  
VOICE IS AN INSTRUMENT too, but singers must bring their own!

🎤 SING and PLAY your favorite songs! 🎸

The repertoire will depend on the taste of the players—all styles welcome!

**See Ms. Cassandra to sign up!**



# AFTER SCHOOL ACTIVITIES NEWS

**TUESDAY**



# Junior Board Game Club

Tuesdays  
in C211  
With Ms. Hughes



A promotional image for a basketball training program. It features two men in a locker room. The man on the left has a large, feathered hairstyle and is wearing a green jersey. The man on the right is smiling and wearing a yellow jersey, holding a Spalding basketball. The background shows green lockers.

# **BASKETBALL SKILLS & TRAINING**

**WORK ON FUNDAMENTALS SUCH AS SHOOTING, DRIBBLING, SPEED AGILITY, AND MORE**

**MONDAY (TILL END OF DEC.) & TUESDAY WITH MR. TJ**

JUNIOR

ROOM C154



DUNGEONS AND DRAGONS

# C.R.E.A.T.E MUSIC GROUP



**AFTER SCHOOL ACTIVITY  
W/ TODD SMITH**

**WEDNESDAYS IN THE AUDITORIUM**

# ***CORE & BOXING***

***TUESDAYS & THURSDAYS WITH  
MR. DIIZON  
DANCE ROOM***







# *Cooking Club*

*In the Kitchen*

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*Mondays*

*w/ Ms. Lorine & Ms. Mel*

*Tuesdays*

*w/ Ms. Lynda & Ms. Kristen*

*Wednesdays/Thursdays*

*w/ Ms. Cynthia, Ms. Kim & Ms. Lorine*

# **Weight & Strength Training**

A photograph of Arnold Schwarzenegger, a bodybuilder, flexing his right arm and shoulder. He is wearing a red tank top and red shorts. He is smiling and looking towards the camera. The background is a solid blue color. At the bottom of the image, there is a black banner with white text.

**Monday & Wednesday with Mr. Aaron**

**Tuesday & Thursday with Ms. Julia & Mr. Sheldon**